

The mission of the International OCD Foundation is to help individuals with obsessive compulsive disorder (OCD) and related disorders to live full and productive lives. Our aim is to increase access to effective treatment, end the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them.

**WHAT:** The International OCD Foundation (IOCDF) is the foremost resource about OCD and related disorders. Based in Boston, the IOCDF has affiliates in 26 states and territories, as well as 9 Global Partners. The IOCDF was founded as the Obsessive Compulsive Foundation in 1986 by a group of individuals with OCD. Now in its 28th year, the organization has an over a \$1 million annual operating budget, has granted millions of dollars for OCD research, and is a vital resource for the estimated 1 in 100 individuals with OCD around the world. For more information, visit <http://iocdf.org>.

**WHY:** OCD affects some 3 million adults in the United States, and as many as a half million children and teens. Though OCD has no cure, its symptoms — which include obsessions and compulsions so severe they interfere with individuals everyday lives — can be effectively managed through such treatments as cognitive behavioral therapies, including exposure and response prevention (ERP) and medication. Common obsessions include contamination fears, excessive concern about harm, worry about losing control of one's own behavior, intrusive taboo thoughts, and excessive religious or moral doubt. Common compulsions include washing, cleaning, checking, repeating and excessive reassurance seeking. OCD symptoms can occur in people of all ages though onset of symptoms typically occurs around puberty or late adolescence. Unfortunately, most individuals with OCD are not promptly or properly diagnosed resulting in a 14–17 year lag between onset of symptoms and access to effective treatment.

#### HOW THE IOCDF HELPS:

- **Annual OCD Conference.** The Annual OCD Conference brings together the most experienced mental health professionals and OCD researchers alongside individuals with OCD and their families. Three days of workshops, lectures, and support groups offer thousands access to the latest information about OCD and related disorders in a supportive and stimulating environment.
- **Behavior Therapy Training Institute (BTTI).** The BTTI is a three-day workshop held 5 times a year in different cities across the nation. These trainings are designed to update mental health professionals in effective treatments for OCD. Effective treatments for OCD are not typically taught during graduate and medical school training, thus mental health professionals who seek to serve this population must obtain this type of specialized training independently.
- **Treatment Provider Database.** The IOCDF maintains a national list of treatment providers for OCD and related disorders. This information is available on the IOCDF website or by calling the Boston headquarters.
- **Support Group Database.** The IOCDF tracks and maintains a database of OCD support groups for individuals of all ages, parents, spouses and family members. Over 250 support groups in the database are attended by thousands around the nation. Support groups are a lifeline for those struggling with the disorder as well as for their families.
- **OCD in Kids, Hoarding, and BDD Online Resource Centers.** Hoarding experts collaborated with the IOCDF to create an online hoarding resource center that provides individuals with hoarding disorder, families, professionals, and community service agencies with the vital information, research, and resources they desperately need. With the success of that site, the IOCDF created the OCD in Kids website dedicated to providing information to clinicians and families about pediatric OCD. The IOCDF plans to launch a body dysmorphic disorder (BDD) online resource center to provide information to those with BDD, their loved ones, and mental health providers.
- **Research Grants.** The IOCDF seeks grant applications from OCD researchers around the globe, annually funding approximately \$200,000 for scientific research projects.
- **Scientific and Clinical Advisory Board (SCB).** The International OCD Foundation's SCB is comprised of the best clinicians and researchers in the US who treat or research OCD and related disorders.
- **Genetics Research.** Through the IOCDF Genetics Collaborative, 50 genetic investigators from North America, South America, Europe, and Africa share their findings and DNA samples with the ultimate goal of identifying the genetic causes of OCD.